

PREGNANCY

Unfortunately, many pregnant women believe that they cannot eat sushi. That is not the case.

They should however avoid large quantities of tuna and other big fish because they contain increased amounts of mercury. But they can still have sushi as long as they have a balanced mix of **shrimp, salmon, scallops, hiramasa/suzuki** and **black cod**.

Also, we freeze most of our fish, so there is no risk of parasites.

Some we don't freeze, because the fish are brought up in controlled environments and the Danish Veterinary and Food Administration has deemed it safe for raw consumption.



WHY ARE FISH HEALTHY?

Fish contain many healthy properties and the government encourages pregnant women to eat fish during pregnancy, because they contain:

- Vitamin D (good for the bones)
- Iodine (good for metabolism)
- Selenium (acts as an antioxidant)
- Omega 3 fatty acids (good for brain health, especially during pregnancy)